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MEATS FOR SUMMER DAYS

A radio conversation between Miss Ruth Van Deman, Bureau of Home Economics, and Mr. Marvin Sandstrom, Bureau of Agricultural Economics, broadcast Thursday, June 23, 1938, in the Department of Agriculture period of the National Farm and Home Hour, by the National Broadcasting Company and a network of 93 associate radio stations.

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U. S. Department of Agriculture

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WALLACE KADDERLY:

Ruth Van Deman of the Bureau of Home Economics and Marvin Sandstrom of the Bureau of Agricultural Economics will give us news about meat--market news and kitchen news. At least, I hope, Ruth, you're going to slip in a few of those ideas about cooking meat--so it'll be tender, and juicy, and have all the good rich meat flavor. If that isn't asking too much---

RUTH VAN DEMAN:

Not at all. It would be hard for me to talk about meat and not do that. And it's easy as 2 times 2 to cook meat that way when you have good meat to start with.

KADDERLY:

Well, the market supply outlook is still pretty good, isn't it, Sandy?

MARVIN SANDSTROM:

Very good. Especially on beef. I take it you had your eye on a good, thick steak when you were saying tender, juicy, full of good rich flavor.

KADDERLY:

Only my mind's eye, Sandy. I'm afraid Ruth's neglected to bring any samples today.

VAN DEMAN:

Sorry, but I couldn't manage a hot broiled steak very well on the street car.

KADDERLY:

Well, we'll forgive you. This once---All right, Sandy.

SANDSTROM:

Anyway, there's more high quality beef to broil and to roast this summer than there was last--much more. And the retail price is considerably lower.

VAN DEMAN:

Then we're over the effects of year-before-last's drought.

SANDSTROM:

Yes, the drought and the short supplies of feed that came afterward. Those two together sent meat prices shooting up last summer, fast and high. Now, we're about back to normal summer prices for beef and lamb.

VAN DEMAN:

And there is plenty of lamb?

(over)

SANDSTROM:

Yes, Idaho and the native sheep States are due to send much more lamb to market this summer and fall than they did a year ago this time. But you know there's a very funny thing about the consumer-demand for lamb in this country.

VAN DEMAN:

What's that?

SANDSTROM:

People along the two great seaboards, the Atlantic coast and the Pacific coast, eat the most lamb.

VAN DEMAN:

Yes. I've noticed in the Middle West it isn't easy to get lamb. I remember one time I tried in a meat market in a town in Kansas.

SANDSTROM:

Did the butcher look at you as though you didn't quite know what you were asking for?

VAN DEMAN:

He was extremely polite. He offered to order me some from Kansas City.

SANDSTROM:

Did you let him?

VAN DEMAN:

I did. Several times he got me very nice lamb roasts. That was an awfully hot summer. And we didn't want to heat up the oven in the middle of the day. So we cooked the roast in the morning and chilled it and sliced it cold. I've never forgotten how good that cold roast lamb tasted, with succotash of sweet corn and lima beans, right out of the garden, and big red sliced tomatoes.

SANDSTROM:

Lets change the subject quick, Miss Van Deman, before I get homesick.

VAN DEMAN:

That's right. You're a Jayhawker, too.

SANDSTROM:

Jayhawker noting. I'm from Iowa.

VAN DEMAN:

Where the tall corn grows. Well, let's have the market news on pork, then--

SANDSTROM:

Ham and cured pork?

VAN DEMAN:

Yes, there's something about their salty, smoked flavor that makes them good summer meats.

SANDSTROM:

Well, most of the cured pork we're using now (ham, and shoulder, and bacon) was smoked and put into storage last winter. The supply of hogs then was lower than usual. So prices of ham and cured pork will probably hold up fairly high this summer, and until cold weather next fall brings more live hogs to market. Everything points to a more plentiful supply by that time.

VAN DEMAN:

Depending somewhat I suppose on the corn crop this summer.

SANDSTROM:

That'll have a lot to do with it, and how fat they are.

VAN DEMAN:

Well, if they're for bacon--the leaner, the better suits me.

SANDSTROM:

Then you must like the Canadian-style bacon.

VAN DEMAN:

I do, very much.

SANDSTROM:

It's the loin stripped out and cured--all lean with just a little rim of fat.

VAN DEMAN:

Yes, a slice of that makes a delicious sandwich slipped into a toasted roll. And it's very nice in a mixed grill.

SANDSTROM:

Isn't there some kind of trick to cooking this Canadian-style bacon so it doesn't get hard and dry?

VAN DEMAN:

Just the same one, there is with all lean meat--use moderate heat and don't overcook. That's one of the laws and by-laws of modern meat cookery.

SANDSTROM:

You mean to say the juice stays in meat better when you cook it at moderate heat.

VAN DEMAN:

Yes, sir. I mean just that.

SANDSTROM:

Does that brown it enough?

VAN DEMAN:

Oh yes. For instance, when you drop the thin slices of Canadian-style bacon into a hot skillet, they brown and heat through all at the same time.

SANDSTROM:

How hot do you have the skillet?



VAN DEMAN:

Hot enough to sizzle, but not burn. About the way you do for pan-broiling minute steaks of beef.

SANDSTROM:

You call those minute steaks? When I see that on a bill-of-fare, I always want to say minute.

VAN DEMAN:

They're only intended to be one-to-a-person steaks--individual servings.

SANDSTROM:

I know. And of course they're very good for short-orders in the restaurant.

VAN DEMAN:

And easy to cook at home on top of the stove in hot weather. We sometimes have rib of beef--the same thing you use for rib roast--sliced about a half inch thick for minute steak.

SANDSTROM:

And sirloin makes good minute steaks. And top round, and even rump if it's from well-fattened beef -- that is, if you don't want to go into the porterhouse and tenderloin class. And while we're talking of some of the lower-priced cuts of meat, that bulletin from your bureau with low-cost recipes--I forget the title--

VAN DEMAN:

Meat Dishes at Low Cost?

SANDSTROM:

Yes. That's the one. We've worn out two or three copies of that at our house.

VAN DEMAN:

I'll have to tell Lucy Alexander that. She's our No. 1 meat cook and recipe maker.

SANDSTROM:

She certainly did a good job on that bulletin. As I remember, it has about 50 or 60 fine ways to make the tougher cuts tender and tasty.

VAN DEMAN:

I'll tell her you commend and congratulate.

SANDSTROM:

Please do. Especially the braised short ribs of beef and the meat patties with tomato gravy.

VAN DEMAN:

She's found another good stunt with ground meat--hamburger especially--since we published that bulletin.

SANDSTROM:

Can't you tell us about it?

VAN DEMAN:

Sometimes you know hamburger cakes get rather stiff and dry after they're cooked. Well, we've found that if you work an egg, and half a cup of white sauce, and about as many soft bread crumbs, into a pound of the raw ground meat, and then drop spoonfuls of this mixture into the hot skillet greased with enough beef suet to keep the meat from sticking, you get a very good flavor and a nice soft texture. And incidentally it makes a pound of meat go further.

KADDERLY:

That doesn't sound so incidental to me.

VAN DEMAN:

Hello. I thought you'd left us, Wallace.

KADDERLY:

Not a bit of it. I've been taking in everything--minute steak--braised short ribs of beef--toasted sandwiches with Canadian-style bacon--and meat patties in tomato gravy--and--and--

VAN DEMAN:

Super-good hamburger.

KADDERLY:

Yes. I'm going to try that on our next picnic. And how do we stand on that bulletin--Meat Dishes at Low Cost?

VAN DEMAN:

Plenty of them on hand I think.

KADDERLY:

And as usual you'll take care of requests from our listeners?

VAN DEMAN:

We'll do our best.

KADDERLY:

All right, we'll make that an offer. Anyone who wants a copy of "Meat Dishes at Low Cost" may have it by sending a card to Ruth Van Deman, Bureau of Home Economics, U. S. Department of Agriculture, Washington, D. C., and thank you very much, Ruth, and you too, Sandy, for this interesting news on meats for summer days.

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